



SPICY COCONUT CURRY STUFFED PEPPERS

with Rice, Chickpeas, Bok Choy, Scallions & Lime

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Green Bell Peppers



½ Cup | 1 Cup

White Rice



2 | 4

Scallions



1 | 2

Chickpeas



1 | 2

Lime



1 Clove | 2 Cloves

Garlic



4 oz | 8 oz

Bok Choy and Napa Cabbage



1 TBSP | 2 TBSP

Curry Powder



1 | 2

Coconut Milk
Contains: Tree Nuts



1 oz | 2 oz

Sweet Thai Chili Sauce



1 | 2

Veggie Stock Concentrate



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz

Chopped Chicken Breast Calories: 930



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 730



HELLO

SWEET THAI CHILI SAUCE

This versatile ingredient brings spicy, sweet, and umami flavors to creamy coconut curry.

SHAKE IT UP

Shake your coconut milk vigorously before opening and adding to the pan in Step 5. Refrigeration may have caused the cream to rise to the top and solidify.

BUST OUT

- Baking sheet
- Zester
- Small pot
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp) ↻
- Sugar (½ tsp | 1 tsp)

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1 START PREP & ROAST PEPPERS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut off tops of **bell peppers**; remove ribs and seeds.
- Place bell peppers on a baking sheet and rub all over with a **drizzle of oil**. Season with **salt** and **pepper**, then arrange cut sides up.
- Roast on top rack until browned and softened, 15-18 minutes.



4 START CURRY

- Heat a **drizzle of oil** in a large pan over medium heat. Add **bok choy and napa cabbage** and cook, stirring occasionally, until softened, 1-2 minutes.
- Stir in **chickpeas, garlic, scallion whites**, and **2 tsp curry powder** (4 tsp for 4 servings). (TIP: Use more curry powder if you like a stronger flavor!) Cook, stirring occasionally, until fragrant, 1 minute. Season with a **big pinch of salt**.

↻ Use pan used for chicken here.



2 COOK RICE

- Meanwhile, in a small pot, combine **rice**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 FINISH CURRY

- Thoroughly shake **coconut milk** in container before opening.
- To pan with **veggies**, add **coconut milk, chili sauce, stock concentrate, ½ cup water, ½ tsp sugar**, and **juice from half the lime** (¾ cup water and 1 tsp sugar for 4 servings).
- Bring to a boil, then reduce heat to medium low. Cook until curry has thickened slightly, 4-6 minutes. TIP: If **curry seems too thick, stir in splashes of water as needed**.
- Taste and season with **salt** and more lime juice if desired. Turn off heat; stir in **lime zest** to taste.

↻ Add **chicken** to **curry** along with **lime zest**.



3 FINISH PREP

- While rice cooks, drain and rinse **chickpeas**. Peel and mince or grate **garlic**. Trim and thinly slice **scallions**, separating whites from greens. Zest and quarter **lime**.

↻ Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt** and **pepper**; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



6 ASSEMBLE PEPPERS & SERVE

- Fluff **rice** with a fork. Stir rice into **curry**. Once **bell peppers** are done roasting, remove sheet from oven.
- Carefully stuff each bell pepper with as much **filling** as will fit.
- Divide **stuffed peppers** between plates; garnish with **scallion greens**. Serve with remaining filling and any **remaining lime wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.